



Jump Rope for Heart

The Park Center

Wednesday, April 11 (6pm-7:30pm)

Jump Rope for Heart & Hoops for Heart

On **Wednesday, April 11th 6:00-7:30pm**, **The Park Center** will be hosting our Jump Rope for Heart Community Event. We are excited to partner with the American Heart Association for this Community Event. During this time we will be educating our participants about the importance of staying heart-healthy. The three things we will focus on are exercising, eating healthy and living tobacco free to keep a healthy heart. During this time, participants have the opportunity to bring a \$5 donation to help fund life-saving research to help The American Heart Association & American Stroke Association. 100% of our donations will be going to them to fight our nation's #1 & #4 killers- heart disease and stroke.

MISSION FOCUSED: We are asking for your help in bringing a lifesaving donation to the American Heart Association & American Stroke Association. When your child talks about his/her reason for participating in Jump Rope for Heart (such as a lost loved one or a family history of heart disease), it helps them to connect the dots to a healthier life and might even inspire a few other family members to live heart healthy too! Jump Rope for Heart event in honor or memory of someone you know. **We are encouraging all the participants to donate at least \$5.00. We ask that he/she not go door-to-door or talk to strangers, to ensure their safety. (Donations in the form of checks can be made out to The American Heart Association.)** There will be drawings for participating in this event.

ONLINE LIFE-SAVING DONATIONS:

Going online is fun, safe and easy! Visit www.heart.org/jump.

o Register Now: Find The Park Center (Murray Rec. Center). Click Sign up
Check out our app for smart phones that makes it easy for your child to text friends and family to join their campaign to be a heart hero! Search **"Jump/Hoops"** in the app store.



Make a \$5 donation to receive your JAX and clasp for your back-pack!	1st Online Donation you will receive CHARGER!	\$40 Online Donation Only you will receive DISCO!	\$20 Donation you will receive FINSTER!	\$35 Donation you will receive ROCKY!	\$100 Donation you receive PETUNIA!	\$200 Donation you will receive BLASTER!
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The Park Center 202 E. Murray Park Avenue

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